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# Last edition of the semester

Congratulations, graduates! Have a great summer!

# THE FLYER



Vol. 37, Issue 24

Salisbury University's Student Voice

May 11, 2010



Todd Dudek photo



Angela Byrd photo

Left photo: Diane Rehm answers questions from her listeners on a range of topics in Holloway Hall on May 8. Right photo: Rehm shakes hands with a fan during the Meet and Greet session held prior to her talk.

## Diane Rehm talk is largest PRD fundraising event NPR host opens the microphones at SU for a conversation with locals

By Vanessa Junkin  
*Editor in Chief*

Diane Rehm's first day on air at WAMU 88.5 was her first day as a volunteer for The Home Show in 1973. Rehm said her only prior public speaking experience included school-age performances.

The National Public Radio host stood on the Holloway Hall Auditorium stage on May 8, connecting with about 550 of her 2.2 million-plus listeners in person and garnering many laughs from the audience.

In what Public Radio Del-

marva's Manager Gerry Weston noted as PRD's biggest fundraising event to date, the station expects "An Evening With Diane Rehm" to bring in about \$20,000 to \$25,000.

"[It] just was wonderful that we could have enough support to bring her to the Eastern Shore," said Marlene Pulhamus of Salisbury.

Before the program began, Rehm spent over an hour in the crowded Social Room of Holloway Hall, chatting, shaking hands and posing for photos with guests who had purchased V.I.P.

tickets.

Rehm, introduced by her high school sorority sister, gave listeners a behind-the-scenes view of working with her "five and a half" producers on The Diane Rehm Show. She said the script changes until the last minute because of the time-sensitive material.

"We have 24 hours to come up with the next day's program," Rehm said.

"And it's got to be the subject that we believe you will be most interested in," she added, ad-

See REHM Pg. 4

ognized for his civic engagement, which will prepare him to become a future community leader. He was also awarded the Trinity Transport Scholarship in the amount of \$2,500.

As a business management major within the Franklin P. Perdue School of Business, Brosseau has dedicated himself to becoming more civically engaged within the community and participates in community service 20 hours per week.

"It's a great feeling to leave SU on a good note," Brosseau said. "I know graduating with these awards will help me market myself against other students applying for the same jobs."

Tracy Belaski and six other exceptional students were awarded the Art Department Meritorious Award, given to those who completed a minimum of 30 semester hours at SU and have submitted a portfolio and written statements emphasizing outstanding achievement about their work. The graphic design major said she was really excited and thankful to have been recognized with the award.

"I think [the award] will help me after I leave SU because it shows that you are dedicated to your major and that you worked really hard while you were here," Belaski said. "It's such an honor to have received this award."

The spring 2009 and fall 2009 semester Dean's List students and the new members of honor societies were also acknowledged for their ac-

See CONVOCATION Pg. 4



Erin Corcoran photo

Bill Burke, visiting assistant professor of information and decision sciences who also teaches management and marketing, goof off outside with his MGMT 320 class.

## Burke awarded for superior advising

Information Systems faculty member connects with students

By Eric Buratty  
*Life & Style Editor*

Bill Burke is willing to go the extra mile to help his students. The visiting assistant professor of information and decision sciences was selected as the 2009-2010 recipient of the Franklin P. Perdue Award for Excellence in Academic Advising, on behalf of the students.

"Mr. Burke has long enjoyed mentoring young professionals," said Dr. Jeffrey Kottemann, chair of the information and decision sciences department. Burke has been a faculty member at Salisbury University for 11 years and has taught courses for information and decision sciences as well as marketing and management.

Burke was selected for the award because of his con-

nexion with students inside and outside of the classroom.

"Bill is always open to helping students outside of the classroom," said Jamie Holmes-Kriger, Perdue advising services coordinator. "He is very interested in their professional development and has assisted several students in finding

See BURKE Pg. 4

## Public forum discusses growth impacts on the Shore

PlanMaryland seeks to include community recommendations for development

By Amanda Johnson  
*Staff Writer*

Over the next 20 years, Maryland's population will grow by one million, which will increase the use of natural resources and transportation systems, according to the Maryland Department of Planning.

PlanMaryland, the new planning process, and public forums for the state will help protect these resources by establishing where and how Maryland will develop, what resources must be protected and the role that the state and local governments will have in the process.

Members of the community gathered in the Wicomico Room for a public forum on May 7 with the MDP to discuss the new strategy to create a better and more sustainable future for Maryland.

"We want to provide guidance to the Maryland state agencies for the purpose of state program's smart growth," said John Coleman, MDP public information officer.

The plan will highlight the importance of the ways in which individual state agencies and local governments organize and work together on their duties and actions.

PlanMaryland has proposed goals to protect the future of the state. These goals include producing land that will be able to sustain population growth and housing, to protect the farmlands, reduce automobile dependency, strengthen economic development and increase housing affordability.

During the public forum, attendees took a survey that collected demographic data about the age groups that were present and where residents live. This way, the MDP could have a better idea of the audience they were trying to target.

After analyzing the data, the forum attendees voted for which of Maryland's 12 plan-

ning visions they thought was most important.

"An important aspect of this project is [the community] input and opinions," said Richard Hall, Maryland secretary of planning.

Some of the planning visions included growth areas, community design, infrastructure, transportation, housing, economic development, environmental protection and resource conservation. These visions concentrate on ways to have a more sustainable and less costly future. Attendees discussed which of the issues would benefit the community the most and why.

See FORUM Pg. 2



Leslie Davis photo

Representatives from Maryland Department of Planning and community members discuss options for sustainable growth.

## Students to study foreign children's lit in New Zealand

Teacher Education graduate and undergraduate students will travel abroad for research

By Katie Tyler  
*Staff Writer*

As the semester comes to a close and students begin to pack their things and make the trip back home, some Salisbury University students are preparing to take a trip of a different kind—New Zealand.

On Thursday, May 27, 16 students and two faculty members will travel to New Zealand as part of SU's study abroad program. Led by education

professors Dr. Ernie Bond and Dr. Patricia Dean, the 21-day program is designed to introduce students to children's literature from around the world.

"This particular study abroad course is a specific course for the Teacher Education program, both offered in the undergraduate and graduate programs," Dean said. "It examines ways to enhance literacy instruction in schools by offering authentic literature that appeals to the

ages of children taught."

Students can choose between two classes to take within the program. They are Elementary Education 408: Children's Literature, which studies classic and contemporary literature for children, and Reading Specialist Education 520: Literature for Children and Adolescents, which studies the works, topics and issues in literature written specifically for children and adolescents.

"Since we will be reading these

books while on the trip, I will most likely invest in them and introduce them to my class and encourage students to read and reflect on the books," said Tara Dykes, a seventh grade English teacher at Bennett Middle School and graduate student in the reading specialist program.

In addition to taking classes, students will get the opportunity to meet personally with authors and illustrators of children's books from the countries in which they travel. Dykes

said the group will be meeting over 50 authors in three weeks.

"Our study abroad program not only gives students the ability to see countries first hand, but it is also an amazing opportunity for students to meet and talk with authors who are experts in their craft," Bond said.

Dykes is looking forward to meeting the authors from different cultures.

"In America we have the staples

See ABROAD Pg. 2

# Briefly Stated

**Salisbury Pops**  
The Salisbury Pops will perform at 7:30 p.m. Tuesday, May 11 in Holloway Hall Auditorium. The Pops present a medley from the Rodgers and Hammerstein musical "South Pacific." Other pieces include the jazz standard "Harlem Nocturne" by Earle Hagen and Dick Rogers, Julius Fučík's "The Grumby Old Bear" and as a special tribute to the U.S. Marines, the Pops will also perform "Semper Fidelis" March.

**Jazz Brazz Concert**  
The SU Jazz Big Band will perform in the Holloway Hall Auditorium at 7:30 p.m. Thursday, May 13. Featured pieces include the standards "Once Together" and "So Nice," along with a mixture of Latin, swing, hard bop and contemporary jazz.

**Phi Eta Sigma Announces New Officers**  
Phi Eta Sigma is looking forward to growing and helping freshmen adjust to transitions. As a honor society, the group wants to plan fun trips, take part in helping the community, and put on fundraisers to raise awareness of Phi Eta Sigma. The new officers are President Sami Tarala, Vice President Amy Hudson, Secretary Mitsuko Towns and treasurer Laura Ackerson.

**Thanks to Social Work Dept. and Go-Getters Staff**  
Three SU Social Work majors started a group called Living and Learning to Become a Healthier You at the local Go-Getters Inc. helps and teachers developmentally challenged individuals to cope and deal with everyday situations. Nickole Johnson and other social work majors would like to thank the Go-Getters staff along with the Social Work department for their help and support.

**Music Fest to Benefit Autistic Children**  
Young talent from Worcester County will perform at this year's "Expect a Miracle" Music Fest on Sunday, May 23 at the Greene Turtle in W. Ocean City from 1 p.m.-5 p.m. The day of music and food benefits the Autistic Children's Support Group of Worcester County, Inc. The day features all-you-can-eat burgers and chicken, live music performed by students from Stephen Decatur High School and other local musicians. Tickets are \$10 per person. For more information, contact Michelle Schachter at 410-352-5011 or [MichelleShack@gmail.com](mailto:MichelleShack@gmail.com).

**SOWK partners with Worcester GOLD**  
SOWK seniors Corey Meyer, Breanne Swedler and Lindsey Momberry teamed up with Girl Scout Troop 724 of Worcester County and SU SOWK Liaison, Debbie Dotson, to benefit the local women and children by donating to Worcester GOLD (Giving Other Lives Dignity). The partnership was a combined force to collect small baby necessities including diapers, wipes, formula and small toys. The items were donated to the baby supply pantry, housed through Worcester GOLD. The group chose Worcester GOLD in light of the recent closing of the area's women's shelter. Along with collecting supplies, the SOWK students worked to empower the Girl Scouts to make a difference in their community by running one of their meetings. Delta Gamma was also a major help by donating baby necessities. The SOWK seniors want to thank the Girl Scouts, Mrs. Debbie Dotson, and the campus community for our overwhelming support and collection of 90+ baby items. See photo in the photo spread on page 3.

## Abroad

Continued from Pg. 1

that every child reads in a certain grade and I want to know what the "staples" are for other countries," she said.

The program began in 2005 with a trip to Iceland, France and England and has been offered during the summer months ever since. This will be the education department's third time traveling to New Zealand.

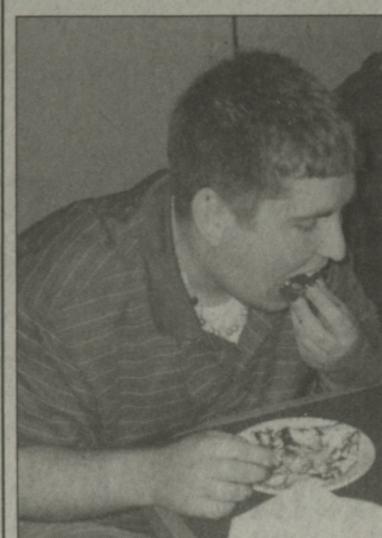
Both Bond and Dean strongly encourage students to study abroad if given the opportunity.

"People are looking to hire graduates with world knowledge that can add to their school setting," Bond said. "Plus, students get to see sights that tourists would see but in an educational way."

Dean agrees.

"I recommend that everyone should experience at least one international program while at SU," she said. "It is a life changing experience, not only meeting these people face-to-face and learning about their craft, but also learning the local culture and seeing amazing sites along the way." For more information on SU's study abroad programs, visit <http://www.salisbury.edu/INTLED/StudyAbroad/>

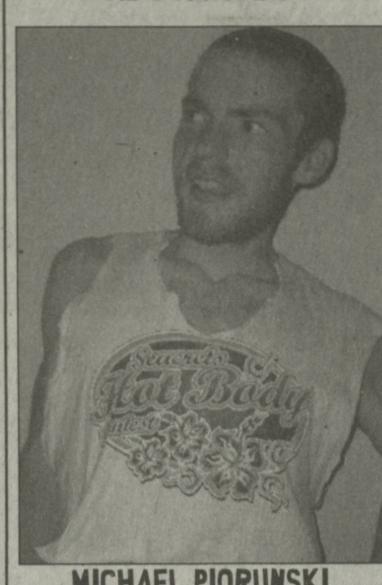
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TOM WATSON  
SPORTS EDITOR



LESLIE PUSEY, ADVISOR, IS GETTING HER MASTER'S

**GOOD LUCK AFTER GRADUATION! \*2010\***

## Crime Beat

5/1/10

3:38 a.m.  
*Suspicious Person*

A Security Officer reported a suspicious person in the area of the Salisbury University parking garage. The suspicious person was stopped and identified by a Salisbury University Police Officer.

5/1/10

3:39 a.m.  
*Malicious Destruction of Property*

An unknown suspect knocked over a trash can in the vicinity of the Salisbury University parking garage. Investigation is ongoing.

5/1/10

9 p.m.-11:59 p.m.  
*Malicious Destruction of Property*

Someone maliciously broke the glass cover of a fire alarm pull station in Severn Hall.

5/2/10

1 a.m.-1:58 a.m.  
*Assist other Agency (Off-Campus)*

The Salisbury University Police assisted the Salisbury City Police in the dispersion of a large party that took place in Seagull Village.

5/01/10

9 p.m.-11:59 p.m.  
*Malicious Destruction of Property*

Someone maliciously broke the glass cover of a fire alarm pull station in Severn Hall.

## Classified Ad

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## Two locals arrested for beating up football player

Reprinted with permission from The Daily Times/www.delmarvanow.com

By Deborah Gates  
Staff Writer for The Daily Times

May 4, 2010

SALISBURY — A senior on the Salisbury University football team was severely beaten over the weekend by apparent strangers as he conversed with a female student outside a campus residence hall, SU officials said Monday.

Anthony Arellano, a 21-year-old wide receiver with the SU Sea Gulls, was hospitalized following the assault early Saturday morning by two Salisbury men the victim apparently did not know, university officials said Monday.

The suspects are not SU students, said Diane Foust, university assistant vice president of Student Affairs. Arellano's female companion is an SU student, he said.

On Monday, one of the suspects turned himself in to the Wicomico County Sheriff's Office, while the other was taken into custody, according to a Sheriff's Office spokesman.

Taylor was held without bond, while bond for Ross was set at \$250,000, Lashley said.

SU officials would not discuss the nature of Arellano's injuries except to say his condition was serious. A spokeswoman at Peninsula Regional Medical Center late Monday would not comment.

Ryan Taylor of Caleb's Way and Jacob Ross of Oxbridge Drive, both 18, were arrested Monday afternoon and charged in connection with the 4 a.m. assault that SU Police Chief Ed Lashley said appears to have been an unprovoked beating by a few students.

Both Bond and Dean strongly encourage students to study abroad if given the opportunity.

"People are looking to hire graduates with world knowledge that can add to their school setting," Bond said. "Plus, students get to see sights that tourists would see but in an educational way."

Dean agrees.

"I recommend that everyone should experience at least one international program while at SU," she said. "It is a life changing experience, not only meeting these people face-to-face and learning about their craft, but also learning the local culture and seeing amazing sites along the way." For more information on SU's study abroad programs, visit <http://www.salisbury.edu/INTLED/StudyAbroad/>

To find out more information about PlanMaryland, visit [www.planmaryland.gov](http://www.planmaryland.gov).

## DON'T FORGET!

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S Dining Services

## Forum

Continued from Pg. 1

"Expanding growth areas and improving the conditions of shopping centers is important because the town needs to attract people in order for them to want to work or live there," said someone who attended the forum.

To further promote the idea of growth to community members, the SU Department of Geography and Geosciences recently hosted the first annual Smart Growth Day on April 28, which was a conference that featured topics such as "Growing Smart: Small Towns Making a Big Difference" and "Best Practices in Land Preservation."

"I recommend that everyone should experience at least one international program while at SU," she said. "It is a life changing experience, not only meeting these people face-to-face and learning about their craft, but also learning the local culture and seeing amazing sites along the way." For more information on SU's study abroad programs, visit <http://www.salisbury.edu/INTLED/StudyAbroad/>

To find out more information about PlanMaryland, visit [www.planmaryland.gov](http://www.planmaryland.gov).

## CONGRADULATIONS CELEBRATION

### Music

### Food & Drinks

**Salisbury UNIVERSITY**  
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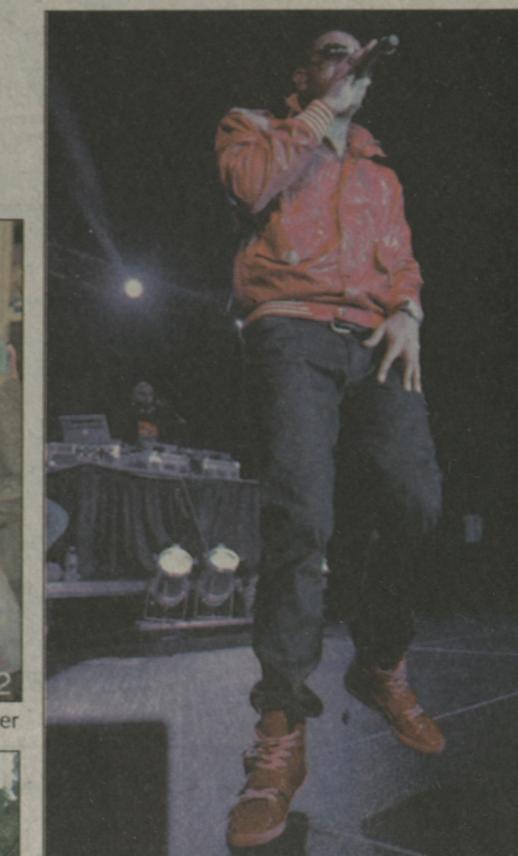
## IN CASE YOU MISSED IT...



Michael Piorunski photo



Photo submitted by Corey Meyer



Patrick Morris photo



Photo submitted by Eric Kennedy



Photo submitted by Jessica DiPietro



Leslie Davis photo



Erin Corcoran photo



Dan Anderson photo



R.L.Pusey photo

Submitted by Erin Dinneen



Michael Piorunski photo



Kelly Robinson photo



Submitted photo



Photo submitted by Telecia Taylor

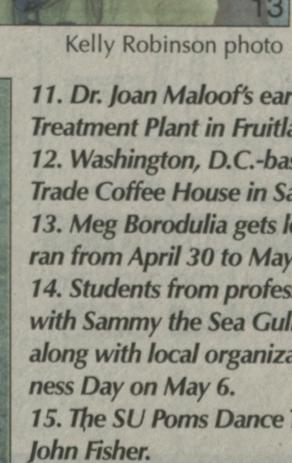


Photo submitted by Telecia Taylor

11. Dr. Joan Malof's earth literacy class visits the Wicomico County Waste Water Treatment Plant in Fruitland.  
12. Washington, D.C.-based band The Galt Line performs at Common Grounds: A Fair Trade Coffee House in Salisbury on May 6.  
13. Meg Borodulia gets locked up at Jail and Bail during Relay for Life 2010, which ran from April 30 to May 1.  
14. Students from professor Cicely McElwain's Practice III Social Work class gather with Sammy the Sea Gull near Ben's Red Swings Community Playground. The class, along with local organizations, celebrated National Children's Mental Health Awareness Day on May 6.  
15. The SU Poms Dance Team performs at the Sept. 26 SU football game against St. John Fisher.

**Convocation**

Continued from Pg. 1

academic success at SU. The ceremony, a tradition dating back to the found-

ing of the University in 1925, included the colorful ritual of the procession of faculty in full regalia, the pomp and circumstance of the University mace and flag, the SU Choral and Chamber Choir and the singing.

"It was a really great ceremony," said Dana Herson, a member of the Dean's List and member of the Philosophical Honor Society Phi Sigma Tau. "I think it went really well and I loved the choral groups."

# Ms. Advice



**Ms. Advice answers all your questions, even private ones, in complete confidentiality. Send your questions to:**

**ak09722@students.salisbury.edu**

*One of my good friends broke up with his girlfriend recently. Over a short period of time I have gotten to know his ex and we have developed feelings for one another. Now my friend wants to get his ex-girlfriend back, and he had no idea how she and I feel about each other. He just found out from someone else that she and I have developed a relationship, and now he is angry with both of us. How can I make him realize that I did not betray him and that neither of us wanted to hurt him?*

You need to talk this over with your friend in a civil manner. Put yourself in his shoes and try to picture how you would feel. Then approach him how you would want someone to approach you. Think about whether or not you think the relationship with his ex will ruin your relationship with him and if it is worth it. His ex-girlfriend needs to have her own talk with him. You should also have a private talk with his ex-girlfriend as well, and if you want to further your relationship with her, make sure she is also willing to be your girlfriend despite your friend's feelings.

## Discriminatory Arizona immigration law lacks tact

*There should be a reason for cops to stop someone*

By Morgan Majchrzak  
Staff Writer

Recently, a new law was passed in Arizona that allows local law enforcement officials to question people about their immigration status if there is reason to suspect they're in the country illegally. Supporters say the law is crucial because of the federal government's failure to secure the border between the United States and Mexico while critics argue that the law is unconstitutional. Critics also worry it will lead to racial profiling.

I do agree that something needs to be done about illegal immigration in the United States, but I do not necessarily think that law enforcement should be able to stop a person simply based on how they look. What about minorities who are in this country legally? This law makes it easier for citizens of the United States to be treated differently.

One of the biggest problems of this is the way the law is enforced. If the police officer thinks an individual could be an illegal immigrant, he can

ask them for identification, and failure to abide by this request could result in detainment. This creates a problem then that an American citizen who "looks like an immigrant" who chooses not to present their identification or doesn't have identification on them could be detained. Defying a police officer's inquiry will cause many people to be arrested, which is not the purpose of this new law.

The law should be amended in the sense of how law enforcement questions people. If someone hasn't broken a law or done something to garner suspicion, he or she should not be stopped. There should be a reason for police to be asking, such as if a person gets arrested or is pulled over for speeding.

Arizona needs to redo the law and deal with illegal immigrants in a way that does not discriminate. I am glad, though, that a law is finally passed in an effort to cut down on illegal immigration. A scone is currently a senior and hopes the award will help make his ambition to become one of Maryland's senatorial candidates in 2014 a reality.

## ROBINSON'S SCREEN PRINTING

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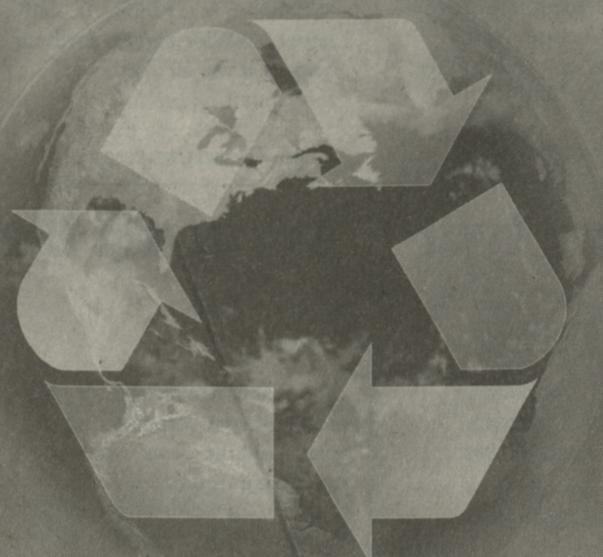
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Monday, May 17-Wednesday, May 19 ..... 9 a.m.-5:30 p.m.  
Thursday, May 20 ..... 9 a.m.-3:30 p.m.

SU bookstore

## SCHOLAR HOLLER!

The Supplemental Instruction Leaders for the Spring 2010 semester are May's Scholar Holler winners! With a combined GPA average of 3.4, they've shown dedication to both their students and their academics. The SI leaders demonstrated remarkable leadership skills, helping students achieve their academic potential.



### WORDS OF WISDOM

"Being successful stemmed from getting involved. Not necessarily just participating, but taking charge of things that needed it. Putting hard work into something that feels like yours is so rewarding."

Try it out, and don't give up if it's not going as planned!"

- Korey Cunningham

"As a graduating senior I believe the most important characteristic I have refined while at SU is perseverance. Not only does one need perseverance through the years to complete a degree program in college, but it is necessary to persevere through each course that one takes. Constant foresight toward the goals that I have set along with the strength to persevere through each of the trials during my stay at SU have been imperative to continue striving for success and not getting discouraged and giving up before finishing what I have started."

- Steven Fleming

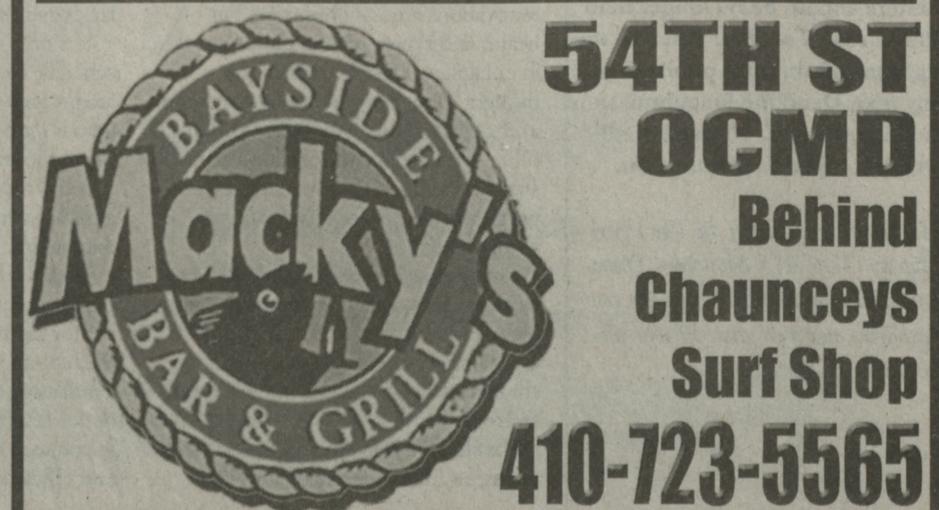
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# LIFE & STYLE

May 11, 2010

Volume 37, Issue 24

## SU College Republicans president Teffieu wins William Paca award

By Erin Traylor  
Staff Writer

Matt Teffieu's burgeoning interest in politics began in high school, where he was elected vice president of his class all four years.

"I beat out all the popular cheerleaders. I just knew how to talk to people... and campaign," Teffieu said.

He became vice president of the Salisbury University College Republicans during his junior year and was elected president of the club for his senior year.

The Maryland Republican Party annually awards students between the ages of 18 and 25 the William Paca award. Teffieu is the 2010 recipient and is recognized as an outstanding Republican youth for his political in-

fluence on campus.

He received a plaque on May 1 during the Maryland Republican Party's Spring Convention in Ocean City.

"I was nominated by Caroline County and Wicomico County," Teffieu, a native of Preston, Md., said.

According to a press release written by the Caroline County Republican Central Committee, "Matt's service as president of the Salisbury University College Republicans, his work with the Harris campaign, and his dedication to the Caroline Central Committee were all cited as reasons for his nomination and selection as the award recipient."

Teffieu is currently a senior and hopes the award will help make his ambition to become one of Maryland's senatorial candidates in 2014 a

reality.

"Name recognition is a big thing you need if you're going to run for office," Teffieu said. "So they know my name, they know I'm involved, they know I have the energy and determination to help with the Republican Party in Maryland."

Currently president of the SU College Republicans, he will be graduating and campaigning.

Teffieu's primary goal is to raise political awareness on campus. He tells students to find interest in important issues, including higher education, the economy, jobs and taxes.

"Get involved, know your facts, and know the issue that you feel are big to you or are influential to you," Teffieu said.

the government relations firm, National Rural Electric Cooperative Association.

"I went last year and they asked me back," Teffieu said, smiling. He will also begin working for current District 7 Senator Andy Harris in his campaign for U.S. Congress and Maryland gubernatorial candidate Bob Ehrlich by coordinating events, rallying voters and campaigning.

Teffieu's primary goal is to raise political awareness on campus. He tells students to find interest in important issues, including higher education, the economy, jobs and taxes.

"Get involved, know your facts, and know the issue that you feel are big to you or are influential to you," Teffieu said.



Erin Corcoran photo

## What's Cooking?

### Blueberry lemon scones

By Michael Piorunski  
Staff Writer

It's neither a biscuit, nor a muffin – but a scone. These oven-baked pleasantries – sometimes savory, often sweet – lend themselves to a multitude of variations to complement a meal or a sweet tooth.

A scone is like a muffin, but more dense and less sweet. They're flaky and crispy, yet sturdy enough to handle a dip in morning coffee.

What makes a recipe like this one great is its versatility. For a savory option, the sugar can be reduced and savory ingredients and combinations like cheddar cheese and green onions, olives or even chopped sun-dried tomatoes to make a locum fruit.

The addition of lemon zest and juice to the dough for these blueberry lemon scones add a more than subtle lemon flavor – though not overpowering. The recipe calls for frozen berries because fresh blueberries are not in season – frozen berries are harvested in-season and flash-frozen. Also, don't thaw the berries – just put them in while frozen. Cold butter gives scones their flaky texture, and the temperature reduces its absorption in the flour, and will allow for a better rise during baking.

This being the last What's Cooking column of the

**Ingredients:**  
1 cup whole wheat flour  
1 cup unbleached all-purpose flour  
1 teaspoon salt  
4 teaspoons baking powder  
2 tablespoons organic cane or turbinado sugar  
1 tablespoon honey  
2 eggs  
5 tablespoons cold butter or vegan shortening (I use Earth Balance brand)  
2/3 cup cream or whole milk  
1/2 cup frozen blueberries  
Zest of one lemon, about 2 tablespoons  
Juice of half a lemon, about 2 tablespoons

cubes and drop it into the flour mixture. Using a fork – or your hands – cut or crumble together the butter and the flour until the mixture resembles little pebbles.

(Combining the butter and the flour by hand takes about five to seven minutes – a food processor works well though, that is if you have one.) Add the egg and milk mixture to the flour and mix until just combined. Add the lemon juice and fold in the zest and blueberries.

Turn the dough onto a floured surface and knead for three to five minutes, adding more flour if the dough is too sticky. Roll out the dough into a rectangle about a half to one inch thick and cut into triangles – any shape is fine though.

Place the cut scones on a baking sheet lined with parchment, brush the tops with milk or cream and sprinkle the tops with the other tablespoon of sugar.

Bake for eight to ten minutes. Remove from oven and let cool for 10 minutes before eating. Makes 10–14 scones.

Cut the butter – or shortening – into small pieces or

chill the butter and then cut it into cubes and drop it into the flour mixture. Using a fork – or your hands – cut or crumble together the butter and the flour until the mixture resembles little pebbles.

(Combining the butter and the flour by hand takes about five to seven minutes – a food processor works well though, that is if you have one.)

Add the egg and milk mixture to the flour and mix until just combined. Add the lemon juice and fold in the zest and blueberries.

Turn the dough onto a floured surface and knead for three to five minutes, adding more flour if the dough is too sticky. Roll out the dough into a rectangle about a half to one inch thick and cut into triangles – any shape is fine though.

Place the cut scones on a baking sheet lined with parchment, brush the tops with milk or cream and sprinkle the tops with the other tablespoon of sugar.

Bake for eight to ten minutes. Remove from oven and let cool for 10 minutes before eating. Makes 10–14 scones.

Cut the butter – or shortening – into small pieces or

## Unleash Your Fitness Potential

### Make your nutrition and workouts consistent

By Eric Buratty  
Life & Style Editor

When it comes to making realistic goals, you are better off focusing on one at a time. Do you want to build muscle or burn fat? Keep in mind that your body will automatically burn more calories at rest with additional muscle tissue. Once you determine your goal, you have to make sure that what you do inside the gym is consistent with what you do outside of the gym. If you do not make your nutrition consistent with your workouts, you are wasting your time.

#### Fat Loss Nutrition

When it comes to burning fat, less calories than what your body is accustomed to are needed. This nutritional approach involves taking in more calorie-dense foods with a higher carbohydrate ratio to protein and fat. Think of this in the following manner. What works for a person trying to lose fat will make the average person maintain weight. Until you start eating more carbohydrates in the morning (or around your workout time, depending on your workout time), your primary food source should be raw/unsalted nuts, eggs (whole or whites), lean beef and white meats, beans, rice, oatmeal, sweet potatoes, and green leafy vegetables. Only in the morning should you eat starchy carbs like oatmeal, rice, or sweet potatoes.

#### Muscle Building Nutrition

When it comes to building muscle, more calories than what your body is accustomed to are needed. This nutritional approach involves taking in more calorie-dense foods with a higher carbohydrate ratio to protein and fat. Think of this in the following manner. What works for a person trying to build muscle will make the average person gain weight. Until you start eating more carbohydrates in the morning (or around your workout time, depending on your workout time), your primary food source should be raw/unsalted nuts, eggs (whole or whites), lean beef and white meats, beans, rice, oatmeal, sweet potatoes, and green leafy vegetables. Only in the morning should you eat starchy carbs like oatmeal, rice, or sweet potatoes.

#### Muscle Building Workouts

All muscle building workouts have

#### Fat Loss Workouts

More flexibility exists when it

comes to designing workouts for losing fat. However, all fat loss workouts have the following things in common:

Heavier weight and lower rep ranges (3-12 reps) are often paired with larger range-of-motion movements. The fact that you put in extra calories will compensate for the energy expenditure on such movements like row variations (in Photo A), squat variations, and overhead presses. This high volume, density, and intensity during your workout will allow you to remain mobile the entire time. For example, you could superset the barbell row (in Photo A) with metabolic work (in Photo B). Again, your workouts will facilitate fat loss if and only if your nutrition is in order.

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## The Prices are right: chosen as finalist in video contest

By Josh Madsen  
Staff Writer

Although Adrienne Price is not an art major, she is surrounded by it at Salisbury University. Her gift has recently been acknowledged in a music video contest hosted by Coconut Records.

Price, 21, a junior marketing major was recognized as a finalist in the Coconut Records fan video competition. Coconut Records is an indie band formed by Jason Schwartzman, an actor who has appeared in films like "The Darjeeling Limited" and "Funny People."

"I heard about the contest on Coconut Records Twitter page," Price said. "And I thought it would just been a fun thing to do."

The video is done in stop-motion animation, which makes objects that are not moving appear to be. This is the result of a technique where hundreds of photo shots are taken at once.

Adrienne Price shot the video near her home in Kent Island with two neighbors and her 19-year-old brother Josh, who is one of her biggest fans.

"Adrienne is an incredibly crazy and intelligent person," Joshua Price said. "She is creative with everything she does and is the most talented artist I know."

Price said she and her brother share a significant bond together as

a result of moving around a lot as kids.

Although Adrienne Price works for The Flyer as the photo editor, she admits photography is not her favorite type of art.

"I am not really into new media; I much prefer painting or drawing or doodling," Adrienne Price said.

Price said the winner should be announced in the next couple weeks. To watch their music video for "Saint Jerome" by Coconut Records, visit <http://www.youTube.com/user/yo Adrienne>.

Joshua Price also blogs daily at [jpriceisright.blogspot.com](http://jpriceisright.blogspot.com) and hopes to gain recognition through his voice work.



Patrick Price photo

Adrienne and Joshua Price use stop animation to create their innovative videos. Their video for a Coconut Records contest was named a finalist.

**Well miss you, Lindsey, Ann, Todd and Jill! From The Flyer**



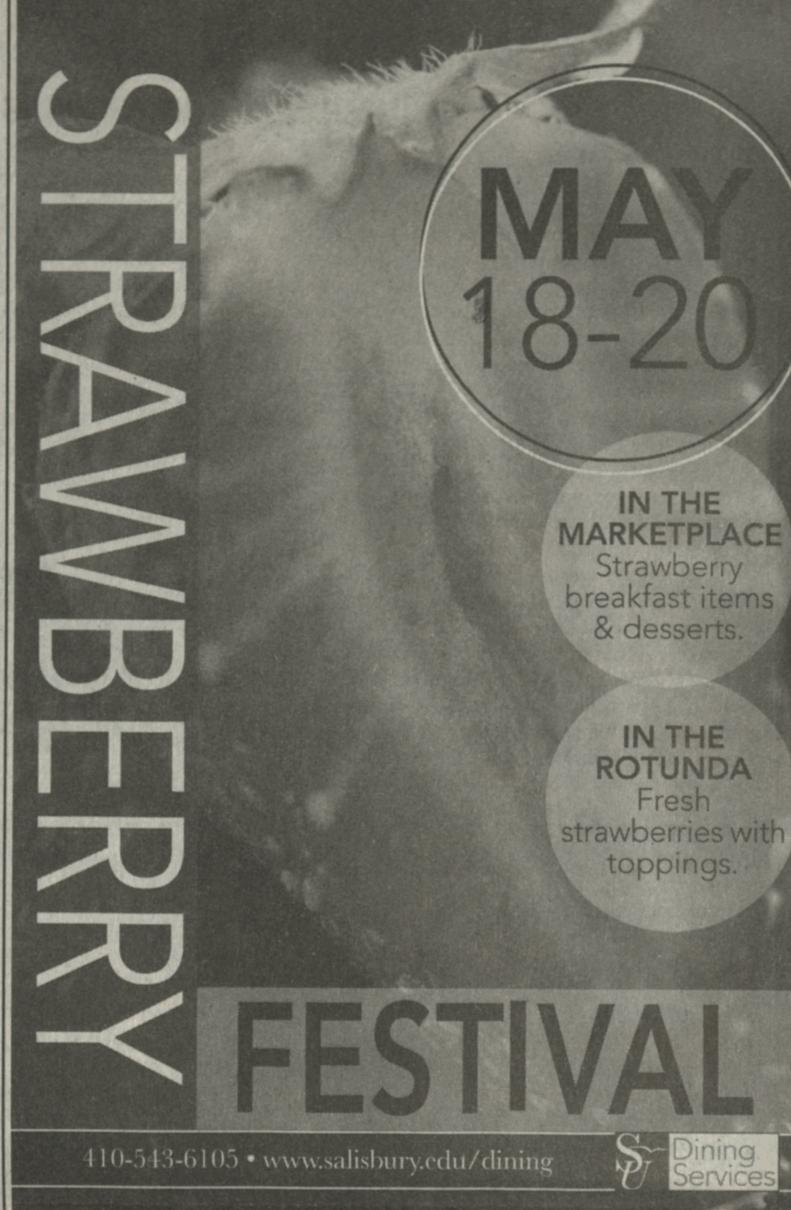
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# SPORTS

May 11, 2010

## Sea Gulls capture 7th Charles B. Clark cup with War on the Shore win

By Therran Dennis  
Staff Writer

Coming off their loss to Stevenson in the CAC championship two weeks ago, Salisbury's men's lacrosse team went into Saturday's "War on the Shore" matchup looking to defend their Charles B. Clark Cup title against rival Washington College.

In a contest that was neck-and-neck throughout, the Sea Gulls (18-12) were able to top the Shoremen (4-10) 12-7 in front of a rabid home crowd of 2,504—all donned in gold. Both teams came out on the field fired up as they fed off the energy from

"Playing War on the Shore home, there's nothing better than that," said senior attackman Jake Delillo, who finished with two goals and one assist in his last "War" contest. "Everyone is looking toward that game, and everyone comes to see you play—that's what it's all about."

The game was a battle from the start. The Shoremen drew first blood with an unassisted goal two minutes into the first quarter. A minute later senior attackman Mike Winter scored a goal for the Sea Gulls off the assist from sophomore midfielder Sam Bradman. Though both offenses found it hard to settle and play their style of game, the scoring went back-and-forth all throughout the first half, resulting in four lead changes and five ties shared between the teams. The score was tied 6-6 going into the half.

Senior Mike Winter and the SU attack push into the box against Washington College's defense in Saturday's annual War on the Shore.

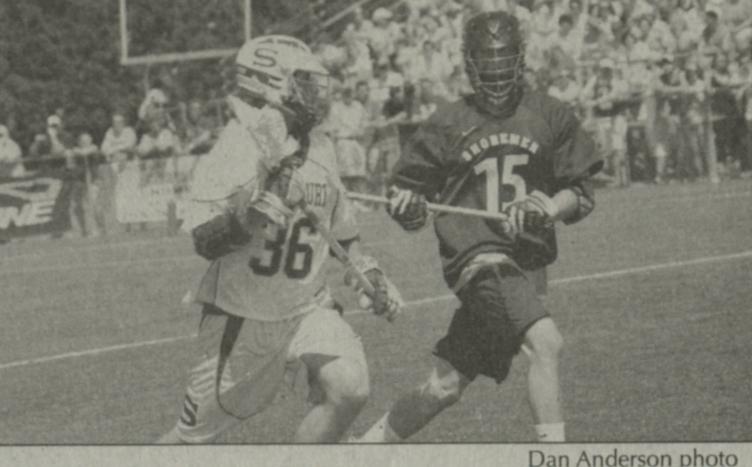
"We knew we had to come in a play a big game," said Bradman, who finished the game with three goals and three assists. "We wanted to go out, score a few goals, and get the momentum going."

At the start of the third, however, the Sea Gull defense stepped up, led by the outstanding second-half play of goalie Johnny Rodriguez, who only allowed one goal scored in 14 shot attempts.

"Our defense shut them down second half," said head coach Jim Berkman, who has won his seventh Cup.

"We made [Washington] shoot from a little further in the second half, and Johnny saw the ball well and made a couple of big saves."

Meanwhile, the Sea Gull offense



Dan Anderson photo

## Bayern and Inter set for dream match in Madrid

By Brian Lomax  
Staff Writer

The Champions League final is the grandest stage in all of club soccer.

The match pits the two European clubs in a one game, winner-take-all

matchup that has created fans and

broken hearts since its inception.

This year's final in Madrid, Spain will feature Inter Milan, the champions of Italy, and Bayern Munich, the champions of Germany. It is a change from recent years, as the final will see no English side take the field for the first time since 2004. Current titleholders Barcelona were eliminated from the competition by Inter

Milan, while Bayern easily dispatched the French side Lyon to book their tickets to the final.

Both clubs have a rich history in the competition, and both will be

looking to put their clubs and countries on the map following a recent

domination of the English Premier

League; and more recently, Spain's La Liga.

Inter will be led into the final not by a player, but by their manager, Jose Mourinho, arguably one of the best managers in the world. Inter has had an excellent season, and have world class talent at every position on the pitch. Samuel Eto'o has captivated Italian audiences with his performances, and

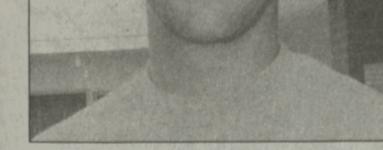
Wesley Sneijder has revolutionized the Inter midfield.

On the other side, Bayern Munich have completed a stunning run to the final. With players such as Arjen Robben and Philip Lahm, the men from Munich will present a nightmare matchup for Inter. Bayern will consider them unlucky to be without star winger Frank Ribery, who is suspended for the final after picking up an unnecessary red card in the second leg against Lyon.

The final match will take place on Saturday, May 22 at 2 p.m. The game will air live on Fox, and with the world watching, it should be an exciting affair.

## Editor's Corner

Tragedy befalls Virginia



By Tom Watson  
Sports Editor

On May 1, the University of Virginia men's and women's lacrosse teams were enjoying a No. 1 and No. 4 ranking, respectively, heading into the NCAA tournament. By Monday, May 3, they sat in shock listening to stories of murder unfold about fellow teammates.

Yardley Love, a senior on the women's team, set to graduate this month, was found dead by her roommate early on the morning of May 2. The charge: first-degree murder. The accused: ex-boyfriend and senior men's lacrosse player George Huguey.

In three years, I've covered nearly every sport on campus, featured national heroics, and spoken to some of the most talented players and coaches to ever don the maroon and gold.

I originally planned to take this opportunity and dish out one final bash of Ben Roethlisberger or Kyle Singler, but one, that would be too easy, and two, there are moments in life, and in sports, that make championships and such rivalries trivial. This is one of those moments.

I did not personally know Love or Huguey, but I know more than a handful did. And with her funeral this past weekend, it was a major reminder of the fragility of life.

But Love will never be forgotten, fond memories forever enduring. Those who knew her, friends, family, teammates, and the school have no choice but to move on.

And they can begin to do so on May 15, the first round of tournament play.

In the first game we kind of let it get away from us," said head coach Doug Fleetwood. "They're a great team."

In game two the Sea Gulls grabbed a 2-1 lead in the fourth inning off a bases-loaded single by senior Ryan Smith. However, Hopkins tied the game in the sixth which would eventually result in extra innings. In the eighth, Blue Jay Dave Kahn smashed a two-run home run, giving his team the win over the Gulls, marking the final games of the seniors' baseball careers.

In the first game, the Sea Gulls grabbed a 2-1 lead in the fourth inning off a bases-loaded single by senior Ryan Smith. However, Hopkins tied the game in the sixth which would eventually result in extra innings. In the eighth, Blue Jay Dave Kahn smashed a two-run home run, giving his team the win over the Gulls.

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In game two the Sea Gulls grabbed a 2-1 lead in the fourth inning off a bases-loaded single by

## Salisbury's "The Buzz" teams with Towson to support Special Olympics

By Brian Joiner  
Staff Writer

Two rivals came together on Sunday to support a stronger cause. The Salisbury and Towson University Ultimate Frisbee teams played an exhibition match in Sea Gull Stadium, with all proceeds going toward the Special Olympics.

Used to playing in front of crowds of 10 to 20 spectators, The Buzz found themselves on a much larger stage as close to 175 people came out to support the team and the cause.

Consistently trying to gain support and spread knowledge of their sport around the campus, the SU

Ultimate team did just that through the exhibition match, raising over \$300 toward Special Olympics.

"We definitely were excited with the turnout and maybe with so many spectators some of the guys got overwhelmed and nervous and it affected our play," senior Jay Kleman said. "But despite the final score, it was awesome that we got to spread the awareness of our team around the community, while giving back to it at the same time."

After a perfect day of weather on Saturday for the annual "War on the Shore," Sunday, May 9's conditions played a big role in the outcome of the match.

Towson got an early lead and was

able to capture choice of direction. Salisbury had to play the first half against the brutal wind conditions and never could get in a set groove.

"Our play broke down a little bit. Cutters became a bit lazy, leaving our handlers with no one to move the Frisbee to," Kleman said.

By halftime, The Buzz found themselves down 8-5. Spirits were lifted, however, when children who participate in Special Olympics came onto the field with The Buzz players and faced off in a longest-throw contest. Seeing the joy the kids got from the crowd's support warmed everyone's heart in the wind-chilled stadium.

In the second half, Towson was

able to score points on The Buzz's weak transition defense and fast break, field-length tosses, known within the sport as full-field hucks. Salisbury was able to keep in the game by utilizing the size of the Sea Gull Stadium field and each player contributing on both sides of the disc.

The spirit of the game really showed when Towson scored what would have been a match point and called a foul on themselves, stating that the disc hit the ground before it was caught.

Salisbury would eventually lose, 15-10, but after what the two teams and the community did on Sunday, everyone was a winner.



Dan Anderson photo

Senior Jay Kleman jumps for the disc against Towson on Sunday afternoon.

## AL east heats up early in 2010 season

By Brian Willhide  
Staff Writer

Major League Baseball's American League East division boasts the defending World Series champion as well as the 2008 runner-up — and that doesn't even include a Boston Red Sox team that won two out of four World Series prior to that.

Don't sleep on the Toronto Blue Jays or Baltimore Orioles, though. The O's, after beginning the season 2-16, have gone 7-6 since, including a recent sweep of Boston. Toronto, meanwhile, is 18-14 and has the second best road record in the AL.

To the surprise of some experts, the Tampa Bay Rays have the best record in the majors.

Rays are middle of the pack in terms of batting average and homers, but thanks to being near the top in stolen bases and on-base

percentage, they lead the majors in runs scored. Not to mention their pitching has been outstanding — first in the AL in ERA and tied for second in hits allowed.

The Yankees aren't exactly worried, though, as they sit behind the Rays in runs scored even with 2009 Silver Slugger Mark Teixeira hitting just .207 through 29 games.

The Blue Jays currently sit in third place and are playing well thanks to the long ball and quality starting pitching. Toronto is tops in the majors in HRs and, after trading ace Roy Halladay in the off-season, they have seen four starters an average of 25.5 years old combine to go 9-4 with a 3.13 ERA.

The Red Sox sit fourth but have been plagued by disappointing starting pitching and injuries. Staff ace Josh Beckett has a 7.46 ERA and two-thirds of Boston's opening

day outfield in Mike Cameron and Jacoby Ellsbury have missed a combined 37 games.

Last but not least are the O's, currently sitting in last place with a record of 9-22. Things looked bleak early but have picked up in the last three weeks. A bright spot for the Orioles is the emergence of Ty Wigginton, who ranks second in the AL with ten HRs.

Overall, the Blue Jays have played a bit over their heads and the Red Sox starters have not lived up to their billing. The Yankees and Rays are clearly the class of the division. As for the Orioles, it's difficult to see them continuing to play this poorly for the remainder of the year.

If these trends continue in the division, the Yanks and Rays should be two tough playoff teams.



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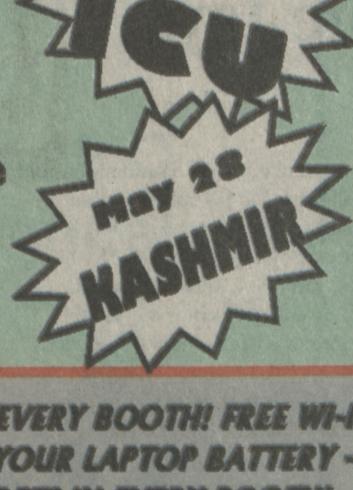
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Tuesday-5/4	Wednesday-5/5	Thursday-5/6	Friday-5/7	Saturday-5/8	Sunday-5/9	Monday-5/10
TBA Women's Lacrosse – NCAA Tournament TBA Men's Lacrosse – NCAA First Round 3 p.m. Baseball @ Montclair St.	TBA Women's Lacrosse – NCAA Tournament TBA Men's Lacrosse – NCAA First Round 3 p.m. Baseball @ Montclair St.	TBD Softball – NCAAA First Round	TBD Softball – NCAAA First Round TBA Track & Field vs. Georgia Tech Invitational @ Atlanta, Ga.	TBD Softball – NCAAA First Round TBD Women's Lacrosse – NCAAA Regionals TBA Track & Field vs. Georgia Tech Invitational @ Atlanta, Ga.	TBD Softball – NCAAA First Round TBD Women's Lacrosse – NCAAA Regionals TBD Men's Lacrosse – NCAAA Second Round	TBD Softball – NCAAA First Round TBD Women's Lacrosse – NCAAA Regionals